



Renshin-Kai Karate
Matsumoto Dojo



10th to 8th Kyu –White to Blue Belt

Punches/ Strikes

Ago Uchi- Strike to the chin

Chudan Tsuki (Zuki)- Punch to the middle (solar plexus)

Furi Uchi- Hook punch

Gedan Tsuki (Zuki)- punch to lower body

Gyakuzuki- Reverse punch

Jyodan Tsuki (Zuki)- Punch to upper body and aim between the eyes

Seiken- Punch

Seiken Gyakuzuki- Reverse punch

Shita Tsuki (Zuki)- Uppercut

Tettsui- Hammer fist

Tsuki/Zuki- Thrust

Uchi- Strike

Uraken Ganmen Uchi- Back fist to face

Uraken Sayuu Uchi- Right-left Back fist strike(aiming to side)

Mawashi Uchi- Round house punch

Ooizuki- Front hand punch

Stances

Dachi/Tachi- Stance

Kumite no Tachi- Fighting stance

Sanchin Dachi- Stance with weight 50/50. Feet parallel and should width apart

Zenkutsu Dachi- Forward stance

Kicks

Geri/Keri- Kick

Hiza Geri- Knee kick

Mae Geri- Front Snap kick

Mawashi Geri- Roundhouse kick

Commands

Anza- Relaxed sitting position with knees bent, legs crossed and back

straight

Fumi Ashi- Footwork- step in, step out

Hajime- Begin

Kamaete- Getting into fighting position

Kiai Irete- Put your spirit in with a shout and show your determination

Kosa- Footwork, Switch

Mawatte- Turn

Mokuso- Meditation with eyes closed

Okuriashi- Footwork, slide in, slide out

Rei- Bow

Seiza- Formal sitting position sitting on the legs, back straight, fist tight and positions upon the hips

Yame- Stop

Yasume- Final position, rest

Yoi- Ready

Soshi ni Rei- Bow down to Soshu

Sensei ni Rei- Bow down to Sensei

Senpai Otagai ni Rei- Bow down to Senpai and bow down to among each other

Definition

Bu Do- Bu means strategy, fighting strategy or fighting technique; Do means way of light. Bu Do means warrior way of life

Cudan- Middle of body. Solar plexus

Chusoku- Ball of foot

Dogi- Karate Uniform

Dojo- School

Dojo Kun- School Pledge or Oath

Gedan- Lower body

Gyaku- Reverse; using opposite hand and foot

Hidari- Left

Migi- Right

Hikite- Pull the hand

Hiza- Knee

Jodan- Upper body

Kata- Formal movement exercises with Technique and Strategy

Ki- Personal inner spirit and energy

Kiai- The Result from your body and spiritual power uniting with an explosion of energy. Most times with a shout

Kihon- Basic technique

Kime- Finish each technique with a crisp, sharp movement. Ending in a perfect position
Kime Waza- Finish technique
Kihon Sono Ichi- First formal exercise with technique and strategy
Obi- Belt
Osu- Tern used to signify appreciation, determination, respect and patience (to endure)
Sute Waza- Set up technique
Migi Ashi Mae- Right foot front
Hidari Ashi Mae- Left foot front

Counting

Ichi- 1
Ni- 2
San- 3
Shi- 4
GO- 5
Roku- 6
Shichi/Nana- 7
Hachi- 8
Kyu- 9
Jyu- 10
Jyu Ichi- 11
Ni Jyu- 20
Other Example
San Jyu- 30
San Jyu Go- 35
Go Jyu Roku- 56
Nana Jyu Hachi- 78
Kyu Jyu Ni- 92
Hyaku- 100
Hyaku Ni Jyu San- 123
Ni Hyaku- 200
Ni Hyaku Yon Jyu Go- 245